



Procrastination disguised as busyness

“Busy” seems to describe the state of most lives today. The question is, how do we complete the essential tasks that inhabit our busy lives and not put them off?

If the thing that absolutely must be done now is get to the library to start research on that paper, then you suddenly decide you absolutely must go to the grocery store. Sound familiar?

Or you really need to complete the reading for your Psychology class, so you “busily” start cleaning your room. That failure to do what is most important right now is justified because you clearly remain busy. Can you see the ways that you keep busy so you can avoid doing what is really important?

Start PRIORITIZING.

- **Make decisions about which tasks must be tackled now, and poke a hole in that task, making sure that you do at least one thing to get started with the project.**
- **Establish a deadline for each task within the project.**
- **Be realistic**
- **Pair the unpleasant with the pleasant—build in rewards!**
- **Work on the project or assignment in shorter, but frequent time frames. You don’t need large chunks of time to make progress!**

Yes. It can be done!

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